

⚡ Smoking Cessation Quotations

There are hundred ways of relieving stress, music, sports, scrolling through social media, all are more effective.



Your true character shows in your unwavering look when you say no to smoking.

Good friends won't let your lungs suffer! All tobacco products including cigarette, heated-tobacco, electronic cigarette, hookah must be all out of class. Don't come to bother me.



Why Don't Breathe Healthily While You Still Have Time During Everyday Busy Life ?
Cigarette, Heated Tobacco, Electronic Cigarette, Shisha, Cigars, etc. All These Tobacco Products Are Not Allowed !
Rejecting Tobacco Hazard, Is to Avoid Your Brainpower, Dreams and Youth from Getting Lost !

Quick Mobile Guidelines
Make Good Use of Multi Channels
for Smoking Cessation

- Free Smokers' Helpline : 0800-636363
- LINE@ Online Smoking Cessation Consultation:
@tsh0800636363



臺北市衛生局
Department of Health, Taipei City Government



財團法人台灣癌症基金會
FORMOSA CANCER FOUNDATION

廣告

*Friends Can Be Many
but I Don't Need to Become*

***I Refuse to Smoke
I Am Proud***



Behind the Smoke is the Hidden Crisis that You Can't See.

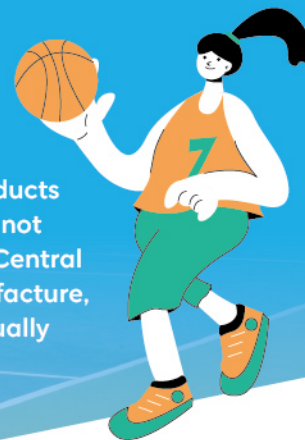
- Behind every cigarette is a chemical crisis: tobacco consists of over 7,000 kinds of chemical substances and compounds; within which hundreds are toxic, at least 93 kinds have been known as carcinogens.
- Our citizens' top 10 causes of death are all related to smoking: for example, cancers, heart diseases, stroke and chronic lung diseases, etc.

Except from Hurting Your Body, It May Also Heavily Hurt Your Purse!

"Tobacco Hazards Prevention Act" enforces the following regulations :

- All Tobacco Products such as Electronic Cigarettes are Prohibited: Manufacture, Import, Sale, Supply, Display, Advertising, Promotion and Use are all Illegal!

- Strictly Control on Those Newly-Defined Tobacco Products (such as Heated Tobacco): if not Reviewed and Approved by Central Competent Authority, Manufacture, Import, Sale and Use are Equally Illegal!



Debunk The Myth ! Don't Let Your Eyes Blinded by Smoke

"After adding sweet flavor or different kinds of fragrance to cigarettes, would the nicotine content becomes less?"

- Adding floral, fruity and mint flavored additives to tobacco is a kind of misleading publicity for attracting teenagers, by means of which the tobacco merchants could try to cover the spicy stimulating flavor of tobacco. Researches proved that tobacco is often added with vanillin which produces floral flavor. Once vanillin is heated under high temperature, harmful substances such as benzene, naphthalene, anthracene are produced. These are all potential carcinogens.

"Heated tobacco produces less smoke, so it causes less harm, too?"

- Heated tobacco is the same as cigarette, both of which are made from tobacco. They both contain nicotine that causes addiction, and releases harmful substances such as acetaldehyde, acrolein and formaldehyde. On the other hand, most people may become double users of both traditional cigarette and heated tobacco, and get easier to use tobacco more frequently. This lets smokers rely on nicotine more and hard to quit smoking.

"Electronic cigarette is only water vapor?"

- Electronic cigarette will release toxic carcinogens such as formaldehyde, acetaldehyde, ultrafine particles and heavy metals. These may trigger obliterative bronchiolitis, and also cause harm to organs such as brain, heart, lungs, liver and kidneys.

